



THE MOUNTAINEER

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MADIGAN HEALTHCARE SYSTEM: "PEOPLE FIRST, PATIENTS ALWAYS"

Treatment of Oregon National Guard Soldiers during demobilization process at JBLM still under investigation

By **DON KRAMER**
Northwest Guardian

An inquiry about complaints from Oregon Army National Guard Soldiers launched last month by Lt. Gen. Charles H. Jacoby Jr., former I Corps commanding general, is still under investigation.

Several Soldiers believe that different standards of treatment exist between reserve-component and active-component Soldiers during the

demobilization process at Joint Base Lewis-McChord.

"While the investigation is still ongoing, I am confident that Soldiers of all Components get the best health care from the Madigan Healthcare System and Joint Base Lewis-McChord," said Col. Jerry Penner III.

Secretary of the Army John McHugh and Army Chief of Staff Gen. George W. Casey Jr. dispatched Vice Chief of Staff Gen. Peter W. Chiarelli to the

joint base, along with Army Surgeon General Lt. Gen. Eric Schoomaker and Maj. Gen. Philip Volpe, commanding general of Western Regional Medical Command, to listen first-hand to Soldiers assigned to Oregon's 41st Infantry Brigade Combat Team while they continued demob activities on the installation after a yearlong tour in Iraq.

Please see **INVESTIGATION**, PAGE 11

Goodbye, Sgt. Maj. Kurtz

Sgt. Maj. Michael S. Kurtz: Jan. 14, 1958 — May 12, 2010



JULIE BLAKELY

Madigan Healthcare System Col. Jerry Penner III spoke about his former command team member Sgt. Maj. Michael S. Kurtz, during a memorial service in Kurtz's honor May 25 at Joint Base Lewis-McChord. Kurtz was the acting hospital sergeant major for nearly a year.

By **LORIN T. SMITH**
Command Information Officer

Hundreds of Soldiers, civilians and Family members packed the Joint Base Lewis-McChord North Fort Chapel May 25 to pay their respects to Sgt. Maj. Michael S. Kurtz, the sergeant major of Madigan Healthcare System. Kurtz was with Headquarters and Headquarters Company, Troop Command, Madigan Army Medical Center.

Kurtz, a Williamsport, Penn. native, passed away May 12, near the Deschutes River in Yelm, Wash. After Kurtz had been reported missing for a couple of days, Madigan and Joint Base Lewis-McChord deployed about 150 Soldiers throughout land near his home, and they found his body the evening of May 14. The cause of death is still under investigation. He was 52 years old. "We



Please see **SGT. MAJ.**, PAGE 11

JBLM Warrior Transition Battalion breaks ground on new complex

By **LORIN T. SMITH**
Command Information Officer

The Joint Base Lewis-McChord Warrior Transition Battalion ceremoniously broke ground on a new \$52 million, 245,820-square-foot barracks complex project being constructed near Madigan Army Medical Center June 1. Participating in the groundbreaking with construction hats marked with the Madigan logo and golden shovels were Rep. Norm Dicks (D-WA), Rep. Adam Smith

(D-WA), Joint Base Lewis-McChord senior leaders, Madigan Healthcare System Commander Col. Jerry Penner III, Corps of Engineers Seattle District Commander Lt. Col. William Acheson, Mortenson Construction liaison Steven Knighton and Sgt. Cayle Foidel, a WTB Soldier representing the wounded, ill and injure Warriors who will benefit from the new facility.

The barracks include modern living facilities divided

Please see **BARRACKS**, PAGE 11



LORIN T. SMITH

Joint Base Lewis-McChord senior leaders break ground with U.S. Reps. Norm Dicks and Adam Smith, on the new Warrior Transition Battalion complex being built near Madigan Army Medical Center June 1.

JUNE 2010

MEN'S HEALTH MONTH

To be a good Warrior, husband or father, one needs to stay strong, which means staying healthy.

To help with that, Madigan Healthcare System and the Military Health System is observing Men's Health Month in June.

The purpose of Men's Health Month is to highlight men's health issues, raise awareness of preventable health problems and encourage early detection and treatment of diseases.

Part of being aware is looking at the impact of lifestyle choices on health, such as diet habits, smoking and alcohol use.

For more information about Men's Health Month, visit www.health.mil.



MISSION

Deliver patient-focused, quality-integrated, and multi-disciplinary health care to serve Warriors and Families; past, present and future.

VISION

An integrated system making Madigan the most trusted health care team in the Army.

VALUES

- Quality Care
- Customer Service
- Deployment Medicine
- ...While promoting a people-friendly culture

PILLARS

- Provider of World-Class Patient Care
- Unparalleled Education Facility
- State-of-the-art Research Platform
- Readiness and Deployment Medicine
- Engaged Community Partner

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IN BRIEF

Madigan employee honored for service

In the mid-1980s, providers at Madigan Army Medical Center were trying to think of a way to assist Families with special needs children, as more was needed than telling Families to go the Social Security or Medicaid office to fill out paperwork.



That's when Mary Dzierzanowski, an employee in the Patient Administration Division at the time, created a proposal and suggested taking that administrative burden from each Family so the parents had more time to spend with their children.

Soon after, she became the special needs advisor and in 1998, began coordinating an annual Young Heroes event to honor special needs children. The event is for children ages 1 to 21 who have a physical or mental disability who make great strides in their home, school or community.

Dzierzanowski, who will retire July 2 after 35 years of civilian service, was honored at this year's Young Heroes event held May 1 in Madigan's Letterman Auditorium. The focus of the event was to make the children happy and recognize the hard work of the parents, Dzierzanowski said. "If I see smiles on their faces, then I know it was a good program," she said. "The kids are just so important."

Al Buck, Madigan Foundation president and event sponsor, called Dzierzanowski "the driving force behind the success of Young Heroes ceremonies."

"(She) has generously donated her personal time and talent to ensure the complete success of each ceremony," Buck said.

Dzierzanowski's previous assignments include the secretary to the deputy commander in Bamberg, Germany, and serving Madigan's CHAMPUS branch as the reserve affairs liaison.

Dzierzanowski said her involvement with the Young Heroes event will continue even after she's retired because it's such a special program. "As I come up on retirement, I will remember each and every one of (the Young Heroes) and be proud that I have been able to help, even in a small way," she said.

Andersen Simulation Center receives accreditation

The Andersen Simulation Center was awarded a designation of initial accreditation from the Society from Simulation in Health Care in all four areas of simulation excellence: education, research, assessment and systems integration. The simulation center was one of 13 in the United States invited to participate in the initial accreditation process. Congratulations to Lt. Col Shad Deering, Jeffrey Burton, Michelle Martinez, Troy Wilson, Christopher Harrison, Courtney Lindsay, Nancy Allison, Col. Robert Rush, and Maj. Bradley Younggren on their outstanding efforts to prepare the center for the accreditation inspection.

Travel restrictions for DoD employees to Mexico

HQ US ARNORTHCOM issued a Force Protection Directive in regards to travel to Mexico due to violent crimes and drug trafficking. The directive is applicable to all Department of the Army personnel, to include Soldiers, Department of the Army civilians, Family members, and DA contractors (if it does not conflict with the existing contract). The following states are prohibited areas for all non-official travel: Michoacan, Tamaulipas, Chihuahua, Sinaloa, Durango, Coahuila, Nuevo Leon and City of Nogales. Service members are restricted from travel to these states. Should Family members, DA civilians, and contractors opt to travel to one of these states, they do so at their own risk. It is recommended that travelers touch base with the U.S. consulate upon arrival so that they are aware of your location while in the country. Please abide by any local curfews and try to travel in pairs (using the buddy system). If you have questions in regards to this travel restriction, please feel free to contact the Madigan Army Medical Center Provost Marshal Office at 253-968-3300.

MADIGAN MEMORIES

STRATEGIC COMMUNICATION ARCHIVES
The Madigan Healthcare System Strategic Communication Office will publish photos or stories in *The Mountaineer* throughout 2010 to show the history and culture that is Madigan. This photo dates back to Feb. 8, 1952, when Louis Armstrong came to Fort Lewis and Madigan General Hospital to play a one-hour show for the patients. Pictured from left to right are Welfare Division Chief Lt. Col. Newman, Armstrong, wife Lucille Armstrong and KMAH Station Manager Frank Soares. The picture ran in the then-Madigan Messenger.

Warrior Transition Battalion gathers to remember provider-turned-patient

By JULIE BLAKELY
Staff Writer

An intimate group gathered at the Joint Base Lewis-McChord Lewis-Main Chapel to celebrate the life of Maj. (Dr.) Jennifer Hydes May 26.

Hydes died unexpectedly May 14. Hydes was attached to the JBLM Warrior Transition Battalion.

Hydes, a Greeneville, Tenn., native, came to Madigan in June 2008 and worked in preventative medicine until May 2009, when she was assigned to the WTB.

"Through one of those life events that none of us will forget, but which all of us experience to some degree, she went from provider to patient and came to the WTB for follow-on medical care," said Chap. (Maj.) Dale Forrester, the WTB chaplain.

Her company commander, Capt. Jennifer Bruhn, described Hydes' passion for the military and for medicine. "Maj. Hydes' decision to join the service was two-fold," Bruhn said.

"It allowed her to support her family through medical



JULIE BLAKELY
Soldiers, Family members and friends of Maj. (Dr.) Jennifer Hydes gathered at the Joint Base Lewis-McChord Lewis-Main Post Chapel May 26 to celebrate her life. Commander of the JBLM Warrior Transition Battalion Lt. Col. Danny Dudek spoke about Hydes' likeability after meeting several years ago at a care conference.

school, as well as provide an opportunity to see the world. She enjoyed her work and very much enjoyed the social aspect of the military."

Lt. Col. Danny Dudek, the commander of the WTB, remembered Hydes and her husband, Joseph, at a care conference. He said they were immediately likable.

"We all wanted her to succeed. We all wanted her to overcome the obstacles in her way. Now, I just want more

time," Dudek said.

Hydes was an "amazing" artist and would spend whole afternoons on art projects with her two young daughters, Elliot and Campbell.

"A 15-minute project would turn into hours of creative masterpieces," Bruhn said.

Hydes is also survived by her parents, Tom and Linda Rausch of The Woodlands, Texas.

AROUND THE AMEDD

JUNE 2010

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Troops' health care main topic at AUSA conference

By JERRY HARBEN
U.S. Army Medical Command

SAN ANTONIO — Army medical personnel are making progress across a broad range of issues affecting health care for Soldiers and their Families, according to the Army's top medical officer.

Lt. Gen. (Dr.) Eric B. Schoomaker, Army Surgeon General and commander of U.S. Army Medical Command, spoke May 17 to 1,900 military medical professionals attending the Army Medical Symposium sponsored by MEDCOM and the Association of the U.S. Army in San Antonio.

Schoomaker's two themes were how Army Medicine brings value and inspires trust, not only for patients and their Families, but also Army leaders, government leaders and taxpayers.

"The Warrior preparing for battle trusts that his or her medic will be there when the cry 'medic' goes up, the mother entering the delivery room trusts that her nurse midwife or (obstetrician) or that young 68WM6 (licensed practical nurse) has her interest and that of her baby in mind, the wounded, ill or injured Warrior trusts that we as experts in healing, rehabilitation and reintegration are focused on getting them literally and figuratively back on their feet, back into the fight or on to productive lives...the taxpayers, Department of Defense and national leaders expect that we are doing all we can do with an eye for high value," he said.

Schoomaker said the Army is shifting from a health care system that measures success by patients treated and procedures performed to a system of health that prevents patients from needing treatment, and treats them as effectively as possible when necessary.

"We are not doing just more widgets of care but better quality of care," he said.



ED DIXON/ARMY.MIL
Lt. Gen. (Dr.) Eric B. Schoomaker, Army surgeon general and commander, U.S. Army Medical Command, addresses the audience at the U.S. Army's Institute of Land Warfare Medical Symposium and Exposition in downtown San Antonio May 17.

The general promoted using evidence-based medicine to reduce unwarranted variation in care.

"Why would you drive your car on the wrong side of the road," he said, "when all evidence suggests a better result for your Sunday drive if you just follow the rules?"

He cited great progress in the past three years in care for wounded, ill or injured Soldiers who must rehabilitate and transition either back to duty or to civilian life.

Milestones include implementing an action plan for Wounded Warrior care, formation of a national Warrior Transition Command to coordinate such programs and local Warrior transition units to provide support and supervision.

More than 60,000 Soldiers have successfully transitioned through this

system.

"They are hoping to change the culture of care for these Warriors to one focused on ability instead of one focused on disability," Schoomaker said.

Other initiatives cited by Schoomaker involve an automated system to collect information about combat casualties that has led to improved body armor and better protected vehicles, construction of more new hospitals in two to three years than in the past 20 years, improved access to primary-care clinics, improved skills for front-line medics, treatment of mild traumatic brain injuries close to the front lines and new measures to relieve pain without addictive medication.

"I submit that we inspire trust through our track record of having been there when needed," the surgeon general said.

TRICARE provides hospice-free benefit

FALLS CHURCH, Va. — The final stages of life can be difficult for patients and their families. To make these last days easier, TRICARE's hospice care benefit is a service focused on patients to give them the supportive services they need near the end of life.

Hospice is a zero-deductible benefit and it gives TRICARE beneficiaries access to personal care and home health aide assistance. It initially provides two 90-day periods of care, followed by an unlimited number of 60-day periods. Each period requires prior authorization from the regional health care contractor.

Not all care is covered by the hospice benefit. Individual hospices may charge for some items, such as outpatient medications or inpatient respite care. Charges for medical care not related to the terminal illness fall under the beneficiary's basic TRICARE benefit. Other items not covered include room and board for hospice care received at home; room and board related to custodial care; and any treatments to cure the terminal illness.

Hospice benefits can be initiated by a patient, their family or the patient's primary care manager (PCM). Before hospice can begin, four requirements must be met. First, the patient's eligibility information must be current. The patient also needs to obtain a referral for hospice from their PCM and get prior authorization from their regional health care contractor. Finally, a certification of terminal illness must be obtained.

There are four levels of hospice care to meet the varying needs of each patient: routine home care, continuous home care, inpatient respite care, and general hospice. If necessary, patients can switch between the four levels of care.

For more information about the hospice benefit, visit www.tricare.mil.



COURTESY PHOTO

Recognized for valor

Sgt. Joseph L. Lollino received the Distinguished Service Cross and the Purple Heart from Army Surgeon General Lt. Gen. (Dr.) Eric Schoomaker, May 17 during the Army Medical Symposium cosponsored by the U.S. Army Medical Command and the Association of the United States Army at San Antonio. Lollino, 25, from Hoffman Estates, Ill., retrieved and treated five casualties when his convoy was ambushed June 20, 2008 in Paktika Province, Afghanistan. He was serving with 3rd Platoon, Company C, 1st Battalion (Airborne), 503rd Infantry Regiment, on his second deployment to Afghanistan.

Donations simple, yet effective way to say thanks

By JULIE BLAKELY
Staff Writer

The Strategic Communication Office is inundated with messages on a daily basis — e-mails for the Daily Bulletin, phone calls from the media and requests for tours of the hospital. I've always said what I love about my job is that my day is never the same. But there is one constant message from our wounded, ill and injured Soldiers — a message of thanks.

As the donations coordinator for Madigan Healthcare System, I see the generosity of the surrounding community and all of the support given to our Soldiers. About 60 percent of the donations we receive are designated by the donor for the Warrior Transition Battalion, and range from board games to running shoes to tickets to sporting events. The rest of the donations, mostly exquisite, handmade quilts, go to active duty Soldiers who are inpatients at Madigan.

I remember the very first quilt I gave to a Soldier at Madigan. The Soldier was young, a private, and he'd been in a motor vehicle accident. I wasn't prepared for what I saw when I first entered his hospital room. He was sleeping, but I could see through the gauze and bandages that his face was a network of cuts, scratches and bruises. He also had some broken bones. His mom was there, and I told her who I was and that I'd like to give her son a quilt for his service.

She immediately began to cry. She told me that he'd recently returned from a one-year deployment to Iraq,



LORIN T. SMITH

Handmade quilts provide a sense of comfort for active duty Soldiers receiving care at Madigan Healthcare System.

and he was a different kid than the one that had left her months earlier. He was moody, angry and was drinking heavily. He had decided to take his all-terrain vehicle for a ride after a drinking binge, and it landed him in the hospital. I sat and talked with his mom for a little while, and after about 15 minutes, his mom thanked me for the quilt and I left the room. A couple of days later, I saw his mom in the hallway near the dining facility, and asked how her son was doing. She said he was doing better, and he loved his quilt. Every so often, I thought about that Soldier and wondered where his life was taking him.

Another part of my job consists of taking a large amount of donations to the Warrior Transition Battalion and arranging an event called the Donor Depot. I lay all of the donations out on a couple of large tables, and Soldiers attached to the WTB are able to browse through the items and take what they need. A couple of months ago, I saw a Soldier at the event that I immediately recognized as that young private to whom I'd given that first quilt. I walked up to him and introduced myself.

"You don't remember me," I said, "But you were in the hospital about a year and a half ago, and I gave you a quilt."

His response shocked me. "Oh my God," he said. "I'm so sorry you had to see me like that."

He started to tell me what had happened to him since that accident. He was being medically discharged from the Army in just a few days and his plan was to go to college. And he was sober. "Yeah, PTSD and alcohol don't mix," he said.

He said he appreciated the quilt so much that he's slept with it every night since I'd first given it to him. In fact, the night after he'd received the quilt, he said he'd gotten angry with a nurse because she had tried to remove the quilt from his bed. He was running a fever and she was trying to cool him down by removing some of his bedcovers.

He told me that quilt was exactly what he needed — a sign that someone cared. Other Soldiers I've spoken to have echoed this thought. The donations are such a morale booster, they say. When you're wounded, ill or injured, you're just trying to take care of yourself and trying to adjust to "not being a Soldier," as one of them put it, and that's hard when you've been a Soldier your whole life.

One Soldier I spoke with at the WTB had been deployed three times, but said, by today's standards, "that's not a lot. Most Soldiers do four or five deployments." But the donations help. "People we don't know are reaching out to us, but it's almost like someone close to your heart is thinking about you," he said.

This is what makes my job great. Seeing these Soldiers at their worst — some of them literally arriving to the WTB with just the clothes on their backs straight from the airport, sometimes with obvious injuries, sometimes with not-so-obvious injuries — but then running into them a few months later, and they're getting better and have a plan for their future. This doesn't happen to all of them.

But when you see it happen right in front of you, it gives you hope. And that is what the generosity of the community provides — for all of our Soldiers and for all of us who care about them.

MAILBAG

Dear Col. Penner,

I am writing to commend a member of Madigan Army Medical Center's fine patient care team: namely, Dr. Jodie Bolt, staff neurologist. Her dedication and compassion shown to Soldiers and their Families who come across her path as patients was made clearly evident to me as evidenced by the following.

I was concerned about my two-month-old daughter who was recently diagnosed with Horner's Syndrome. The neurology specialty appointment scheduled for one month from the initial primary care visit did not seem reasonable for this issue. I broached my daughter's case with Dr. Bolt who previously had no visibility about my daughter. She volunteered to take care of my daughter and to my amazement, found a way to walk her in that very same day, in the midst of her already busy schedule.

She coordinated care with Dr. Marybeth Grazko in neuro-ophthalmology on the same day as well, and consulted with pediatric oncology before finalizing a diagnostic plan prior to us leaving her office. This whole process took around three hours of her unscheduled time. My wife and I are humbled by Dr. Bolt's actions and are confident going forward in the Madigan Healthcare System team.

Nathan, Joint Base Lewis-McChord

Dear Col. Penner,

Permit me to take this opportunity to acknowledge the outstanding professionalism and patient care I have been fortunate enough to receive from Dr. Karen Baker the past two years. I have had periodic cystoscopies administered by her to monitor my bladder condition following the removal of a cancerous tumor by another physician.

Her mastery of performing this invasive procedure coupled with her communicative skills greatly reduced the anxiety preceding these stressful appointments. I have 100 percent confidence in her and am very grateful to be under her care.

This outstanding staff member in your command provides invaluable service to all the active duty and retired personnel who are privileged to use the great facilities at Madigan and reflect positively on your leadership.

Joseph, Lacey

Dear Col. Penner,

I had the privilege of having my left and right cataract eye surgery at your hospital under the care of Dr. Bruce Rivers.

Dr. Rivers' professionalism, caring, attentiveness and kindness is commendable. He explained to me all I need to know about my surgery in detail and now, I can see well and clearly in both eyes, of which I am very gratified of.

Gumercinda, Joint Base Lewis-McChord

THE MOUNTAINEER

Since 1944

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Former Soldier co-authors 'Mommy MD Guides'

By BARBARA L. SELLERS
Contributing Writer

Pregnancy is never easy, especially for military spouses who are far from home, Family members and friends.

No one knows that better than Jennifer Bright Reich, former Army lieutenant who was stationed at what used to be Fort Lewis, from 1993 to 1996. That's why Reich decided to do something about it, by arming everyone with valuable information at their fingertips 24-7.

When she left active duty, Reich moved back home to Allentown, Pa., where she worked seven years on dozens of health and fitness books at Rodale, Inc., before starting her own freelance business, Bright Communications.

During that time, she also married her husband, Mike Reich, firefighter for the City of Bethlehem, Pa., and had two sons, Tyler, 4 and Austin, 3.

"Over the years as a writer, I've interviewed hundreds of doctors," Reich said. "Every now and then, a doctor would say, 'When my kids were little, I ...,' which always got my attention. If a Family practice physician juggling a busy practice and a busy home or a resident working 110 hours a week used a tip, no doubt it worked. And I figured that if it worked for her, it would most likely work for me and other mothers, too."

In 2008, Reich met Dr. Rallie McAllister. "That year, we worked together on a few projects," Reich said. "Then in early 2009, we decided to join forces."

Reich and McAllister, a Family physician and mother of three sons, created the Mommy MD Guides Web site at www.mommymdguides.com.

The site allows anyone to ask questions about pregnancy and

The Mommy MD Guide
to
Pregnancy and Birth

MORE THAN
900
TIPS

Tips That Doctors Who Are
Also Mothers Use During
Their Own Pregnancies and Births

By Rallie McAllister, MD, MPH
and Jennifer Bright Reich

birth or find a variety of child-rearing tips and solutions that worked for doctors who are also mothers. "It's the next best thing to having a doctor on speed dial," Reich said. "I used many of these ideas for my own sons."

For example, to end disputes over which sibling gets to choose a movie or storybook, Reich simply assigned odd days to Tyler and even days to Austin.

Now all she has to do is ask her sons, "Whose day is it? They cannot argue with the calendar," she said. Reich also taught her sons the skill of trading one toy for another, which drastically reduced sibling fights.

But Reich and McAllister did not stop with the Web site. In early 2009, they decided to co-author and publish a whole series of Mommy MD Guides books, and to do that, they launched their own publishing company. "The idea for the books began with a cry in the night ...

actually, many cries in the night," Reich said. "My sons both had acid reflux as babies, and they didn't sleep well. They cried a lot."

The record number of times she was woken each night was 11, or at least that's when she stopped counting. In desperation, Reich talked with her children's pediatrician, a doctor, who was also the mother of four, including twin babies at the time.

"She called me one night after work and talked with me for more than a half hour, explaining how she had solved her own twins' sleep problems," she said, and it ended up working for Reich as well.

"Our first book, has more than 900 tips from 60 doctors, who draw from their experience as physicians and moms. These smart, funny, fascinating women are experts, squared. Between them, they have centuries of experience as doctors, and among them, they



BARBARA SELLERS
Co-author Jennifer Bright Reich with her family, husband Mike Reich and sons, Tyler, age 4, and Austin, age 3.

have 146 children."

The book is divided into 43 chapters, one for each week of pregnancy, and offers tips on both the challenges and the celebrations of pregnancy, Reich said. "You'll discover how Mommy MD Guides made it through pesky pregnancy challenges such as morning sickness, back pain and heartburn," she said. "You'll also learn how they enjoyed wonderful celebrations of pregnancy, such as telling their partners the good news, baby showers, and meeting their babies for the first time."

Susan Wilder, a primary care physician from Scottsdale, Ariz., and mother of three daughters, including twin girls, was one of many contributors to the book.

"One of the first clues I was pregnant was morning sickness," Wilder said. "It came on out of nowhere. I'd be out walking the dog and all of a sudden, I'd have to stop to throw up. The dog would turn around and look at me like, what the heck was that?"

The Mommy MD Guide to Pregnancy and Birth will be available June 24.

For more information, send an email to MommyMDGuides@yahoo.com or call 610-216-0913, and discounts are available on bulk quantities.

COLUMN

What we were... what we are now

By SHAWN KRAMER
Informatics Division

Hello Madigan, and once again it's time to learn about your retired coworkers. Our next candidate is retired Master Sgt. Kathy Dixon. Kathy was born and raised in Panama City, Fla. She graduated from Bay High School in 1979 and received an Associates Degree from Gulf Coast Community College in Panama City. Upon entering the Army in February 1983, she attended basic training in Fort Jackson, S.C.

After basic training, she attended advance individual training at Fort Sam Houston, Texas, and graduated from the environmental health specialist course in July 1983. Her first duty station was at the MEDDAC, Fort Riley, Kan. In December 1984, she moved to the 5th Medical Detachment in Tageu, Korea, and her next assignment was Fort Huachuca, Ariz.

She changed duty stations to the 34th General Hospital, Augsburg, Germany in April 1987. For the next three years, she enjoyed the German culture, and in April 1990, she PCS'd to Fort Sam Houston in route to drill sergeant school at Fort Leonard Woo, Mo. She served as a drill sergeant for the next two years at the 187th Medical Battalion.

She then moved across post to AMEDD, Academy Battalion, and became an instructor for the 91S, Preventive Medicine Specialist course. In October 1994, she PCS'd to the 926th Medical Detachment, Fort Benning, Ga.

In 1997, she PCS'd back to Korea to the 5th Medical Detachment, Yongsan, Korea. After a one-year tour, she returned to the 926th Medical Detachment at Fort Benning. The fall of November 2000, she came to Madigan Army Medical Center where she stayed until retirement in 2006.

She holds a Master's Degree in Human Resource Management from Troy University, Troy, Ala., and a Bachelor's Degree in Occupational Education from Wayland Baptist University, Plainview, Texas.

Dixon's awards include the Meritorious Service Medal (5th award), the Army Commendation Medal (3rd award), the Army Achievement Medal (2nd award), the Good Conduct Medal, the National Defense Service Medal, the NCO Professional Development Ribbon #3, the Overseas Ribbon #3, the Global War on Terrorism Service Medal, the Drill Sergeant Badge and the Order of the Military Merit.

Today Kathy is the Health System Specialist/AO for the Preventive Medicine Department.



A close-knit group seeks help, volunteers

By **BONNIE DICKSON**
Senior Scene Editor

With her soft white cap of hair, dimpled cheeks and ready smile, Ella Young would easily fit in as one of the gnomes from her native Germany. “If people know, maybe they’ll get more knitters,” said Young.

The “they” she is referring to are the McChord Chapel Knitters/Crafters. Members include Freddie Ellis, Sara Jones, Marlene Holmes, Jean Williams, Birta Moultrie, Leigh Baer and Margaret Hackley and they’d like help.

They’re like a well-rehearsed team. “We’ve made an open invitation to the young mothers (at JBLM McChord Field) to come and learn,” said Marlene Holmes. But people ask “Where do you get the time,” said Birta Moultrie. Freddie Ellis finishes with, “If you don’t cook and don’t clean house, you’ve got lots of time.” They all laugh.

“We got started because my granddaughter asked me if I knew someone who knits,” said Moultrie, one of the regulars at the Monday afternoon knitting group that meets at McChord



BONNIE DICKSON/SENIOR SCENE
Sarah Jones and Marlene Holmes work on creating two of the nearly 30 blankets the McChord Chapel Knitters/Crafters produce for newborns each month.

Field’s Religious Education Building. “My daughter-in-law taught my granddaughter to knit.” She stops in contemplation. Moultrie refers to Freddie Ellis. “I’m enjoying it (the knitting),” Moultrie finally said, grinning. “She has a beautiful motto,” Moultrie said suddenly very seriously. “She says practice, practice, practice.”

“Freddie has made lots of hats for the USO, missions (at this Freddie grimaces and everyone laughs as she doesn’t like making the helmet liners for the troops) and various

activities we have at Chapel,” said Marlene Holmes. “There’s a lot of things that came out of this,” Holmes added. “It’s a knitting group but we’ve also become a group of friends.”

“I made hats for the Cancer Resource Center,” said Freddie Ellis. “We looked for a program that they (the group) could make a commitment to.”

And that’s where Young fits in. Young, a long-term volunteer with the USO was making a regular stop at Madigan Army Medical Center and struck up a conversation with a nurse

there. That conversation led to the group making a decision to “adopt” Madigan’s Family Practice Clinic.

“All these girls are not with their families,” said Margaret Hackley, voicing what military spouses know all over the world. Family becomes the military because real family is usually a long distance from where you are. With family gone, someone else needs to step in. This is especially true during times of war.

“About a third of our (patients’) husbands are

deployed,” agreed Cheryl Balcom, medical support assistant at Madigan’s Family Practice Clinic.

In October 2008, McChord’s obstetrics clinic was adopted, and by March of the following year, the McChord Clinic was also adopted by the group. New mothers having their prenatal care at either Madigan or McChord receive a package, which includes matching booties or socks, hats and a handmade blanket. Blankets are crocheted, knitted or made with flannel. Since 2008, the McChord Chapel Knitters/Crafters have donated roughly 350 packages to the two clinics. The new mothers really appreciate the handmade items the group makes. “They go ape when they get these things,” Balcom said.

The group delivers items about once a month when they’re in full swing. By being very frugal and looking for good buys in flannel and yarn, each package costs about \$4. They would love to have active duty, retired or dependents join them, especially now. To help or volunteer, call Margaret Hackley at (253) 531-8513.

Washington state now enforcing new text, talk, ticket law

LAW: Police can now give a \$124 ticket for drivers texting or talking on the phone without a hands-free device in Washington state

Police agencies around the state are now enforcing Washington’s newly-revised law restricting the use of wireless devices by drivers, which started June 10. Text, Talk, Ticket is in action, and failing to follow the rules will cost you \$124.

The revised law makes texting or improper cell phone use primary offenses, meaning that drivers can be pulled over for those violations alone. It also prohibits the use of electronic devices by younger drivers with an Intermediate Driver’s License or Learner’s Permit, with or without a hands-free device.

How will the Washington State Patrol enforce the changes? “If you’re holding the phone to your ear, you’re likely to be stopped,” said Capt. Chris Gundermann of the state patrol’s field operations bureau. “We will be flexible with virtually any type of headset or speakerphone device, but holding the phone itself to your ear will get our attention.”

Since 2008, the law has prohibited drivers from texting while driving, and required those talking on cell phones to use hands free devices.

However, the earlier version of the law was “secondary” meaning that officers had to see a different violation in order to make the traffic stop.

Gundermann noted that those with hearing aids are exempt, as are those reporting an emergency to

9-1-1. Troopers will inquire about exemptions once the person has been pulled over. “No ticket is automatic. If the person has a hearing aid or is calling 9-1-1, we’ll get them quickly on their way,” he said

The Washington State Patrol will not offer a grace period when texting while driving and failure to use a hands-free device now that these are primary traffic offenses. It is common for the state patrol to offer an educational grace period when a new law requires drivers to change long-standing behavior. “Drivers have already had nearly two years to adjust their driving habits,” said WSP Chief John R. Batiste. “We will fully enforce this law from day one.”

At the Department of Licensing, Director Liz Luce is urging parents to help with enforcement of the complete ban on electronic devices for those with intermediate licenses. “Responsibility starts at home, so I ask parents to have a conversation with their teen drivers, because the consequences of distracted driving can be deadly,” Luce said.

Statistics have long shown that younger drivers make up a disproportionate number of those injured or killed on the highway.

“A cell phone in the car is one of the most dangerous things a teen driver can have. Teen drivers with intermediate licenses aren’t permitted to use their cell phones at all, with or without a hands-free device, unless they’re reporting an emergency.”

Multiple traffic violations on an intermediate driver license can lead to suspension and even an extension

of the intermediate license restrictions until the driver turns 21.

Safety experts recommend people not talk on the phone at all while driving, pointing out that the conversation itself is a distraction. “Ideally, we would like to see all drivers save their phone conversations for later and concentrate on the road. Study after study has demonstrated that talking on the phone while driving seriously impairs your awareness and ability to react,” said Lowell Porter, executive director of the Washington Traffic Safety Commission.

For example, texting drivers look down for five seconds at a time on average — enough time at highway speeds to cover more than a football field. Another study shows that cell phone drivers are as impaired as drunk drivers who have a .08 percent blood-alcohol level.

The Commission also has announced its new slogan to help people stay safe: Text, Talk, Ticket. For more information, visit www.texttalkticket.com.

(Information provided by the Washington State Patrol)

\$124 Ticket For Violators
As of June 10, 2010, Washington’s new cell phone law is in effect—with strict police enforcement. If police see you holding a phone to your ear or texting while driving, they can pull you over. Tickets are \$124 and could be more if your distracted driving causes a collision.

The New Law Means:

- No talking on handheld cell phones while driving.
- No texting while driving.
- Teens with intermediate driver licenses or learner permits may not use a wireless device at all while driving, including hands-free devices, unless they’re reporting an emergency.

This law is not meant to encourage the use of hands-free devices. **Hands-free devices offer no safety benefit.** Parking your phone is the only safe way to drive.

Pulling to the shoulder to talk on the phone or text is rarely a safe option and should only be done in an emergency.

To read the laws pertaining to cell phone use while driving, go to <http://www.wa.gov/OTW> or the following Revised Code of Washington: 46.61.067, 46.61.068, 46.20.055, 46.20.075.

“We will fully enforce this law from day one...in hopes of preventing these needless tragedies.”
State Patrol Chief John R. Batiste

MADIGAN HEROES

JUNE 2010

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2010 Madigan Healthcare System Intern, Fellow and Resident Graduates

Residents

Col. David Della-Giustina
Lt. Col. John, Barrett
Lt. Col. Yong Cha
Lt. Col. William Crum
Lt. Col. Louis Dainty
Lt. Col. Dawn Peredo
Lt. Col. Matthew Rice
Lt. Cmdr. Margaret Bayard
Lt. Cmdr. Kelly Latimer
Maj. Matthew Chambers
Maj. Ronald Cooper
Maj. Elizabeth Duque
Maj. Matthew Fargo
Maj. Robert Geddie
Maj. Adam Huillet
Maj. Stephen Hyland
Maj. Megan Kloetzel
Maj. Kenneth Kuhn
Maj. Patrick Munson
Maj. Dayne Nelson
Maj. Bruce Rivers
Maj. John Sheppard
Maj. Eric Smith
Maj. Vance Sohn
Capt. Troy Allan
Capt. Matthew Angelidis
Capt. Ivan Antosh
Capt. Benjamin Baker
Capt. Katisha Baldwin
Capt. Christian Bang
Capt. Chaska Barksdale
Capt. Benjamin Blanks
Capt. Matthew Brooks
Capt. William Callis
Capt. Brian Cashin
Capt. Laura Cashin
Capt. Fong-Kuei Cheng
Capt. Joseph Chiara
Capt. Megan Connell
Capt. Shawn Corcoran
Capt. Aaron Cronin
Capt. Cristina Cruz-Crespo
Capt. Jason Desadier
Capt. James Duncan
Capt. Aaron Dykstra
Capt. Matthew Eckert
Capt. Michael Favero
Capt. Colby Fernelius
Capt. Lera Fina
Capt. Susan Fisher
Capt. Ryan Flanagan
Capt. Nathan Frost
Capt. Bonnie Geneman
Capt. James Ham
Capt. Maximilian Hecht
Capt. Jason Heiner
Capt. Timothy Hoyt
Capt. Tracy Hudgins
Capt. Michael Hudson
Capt. Stanislaw Jasiurkowski
Capt. Joseph Jung
Capt. Matthew Kidd
Capt. Kendral Knight
Capt. Jeffrey Leininger
Capt. Benedict Lesczynski

Capt. Dustin Little
Capt. Abraham Loo
Capt. Kang Lu
Capt. Daniel Martin
Capt. Ryan McDonough
Capt. Lawrence McMillion
Capt. Nathaniel Miller
Capt. Peter Moffett
Capt. Ila Moffitt
Capt. Michael Oganovich
Capt. Neil Perera
Capt. Coryell Perez
Capt. Jason Perry
Capt. Kristine Pfeiffer
Capt. Nathan Phillips
Capt. Brittany Rinehart
Capt. Catherine Sampert
Capt. Teresa Saultes
Capt. Stirling Smith
Capt. Bethany Sonobe
Capt. Jason Stone
Capt. David Sulkowski
Capt. Kathryn Sulkowski
Capt. Leland Taylor
Capt. Nathan Teague
Capt. Bethany Teer
Capt. Eric Tomich
Capt. Katherine Tucker
Capt. Julie Welch
Capt. Michelle Whitlock
Capt. Michael Wilhelm
Capt. Paula Young
Cdr. Craig Zelig.
1st Lt. William Conkright
1st Lt. Mallory Valverde
Monica Kwak
Valerie Schade

Interns

Capt. Jeffery Ashburn
Capt. Joanie Baca
Capt. Todd Balog
Capt. Jennifer Benincasa
Capt. Scott Bevans
Capt. Barrett Campbell
Capt. Elizabeth Campbell
Capt. Brian Chen
Capt. Jonathan Claassen
Capt. Stephanie Claassen
Capt. Kasey Cole
Capt. Jonathan Columbia
Capt. Anthony Cooper
Capt. Matthew Debiec
Capt. Erik Dedekam
Capt. Justin Eisenman
Capt. Peter Everson
Capt. Silvia Fannings
Capt. Brendan Griffis
Capt. Amber Gruters
Capt. Samuel Han
Capt. Amy Harmasch
Capt. Hillary Harper
Capt. Erick Heygood
Capt. Gale Hobson
Capt. Molly House
Capt. Kelly Langan
Capt. Ryan MacDonald
Capt. Jill McCaulley
Capt. Daniel McGuire
Capt. Derek McVay
Capt. Craig Meggitt

Capt. Pamela Meyers
Capt. Christopher Mierek
Capt. Kyong Min
Capt. Edwin Morales
Capt. Mackenzie Morgan
Capt. Melody Nolan
Capt. Stephen Overholser
Capt. Samit Patel
Capt. Christopher Porta
Capt. Clifford Porter
Capt. Matthew Porter
Capt. Daniel Nelson
Capt. Preston Roberts
Capt. Jacqueline Rosenthal
Capt. Titus Rund
Capt. Joshua Simmons
Capt. Bridget Sinnott
Capt. Brian Snyder
Capt. Ryan Speir
Capt. Andrew Stein
Capt. David Um
Capt. Avery Walker
Capt. Ryan Walsh
Capt. DeWayne Weaver
Capt. David Wilson
Capt. Ekaphol Wooden
Capt. Priscilla Wong
Capt. David VanWyck

Radiology exam results

The Madigan Army Medical Center Department of Radiology is proud to announce that, for the sixth year in a row, their graduating residents have achieved a 100 percent pass rate for their Board examination in General Diagnostic Radiology, a national level exam administered by the American Board of Radiology.

Nutrition Care Information Management Systems Consultant to The Surgeon General

The Surgeon General Lt. Gen. Eric Schoomaker, has selected Lt. Col. Debra Hernandez as the Nutrition Care Information Management Systems Consultant to The Surgeon General. Congratulations to this exceptional officer on her selection.

Hernandez is currently the chief, Nutrition Care Division at Madigan Army Medical Center. She has held a variety of Nutrition Care positions throughout the Army Medical Department. Her selection is an illustration of her accomplished career in which she has been recognized as the subject matter expert in this area.

She assumed this role May 1. She will provide oversight



INGRID BARRENTINE/NORTHWEST GUARDIAN

We appreciate our retirees

Arthur Thompson winces as Pfc. Shama Serratt, Madigan's Department of Pathology, draws blood for cholesterol screening at the annual Retiree Appreciation Day May 14 at American Lake Community Center. Various veterans' organizations, military staff agencies and medical assistance teams were on hand to answer questions and provided substantial on-site services.

and direction for Information Management/Information Technology strategic initiatives in support of clinical nutrition services and food service operations for the AMEDD.

The Mountaineer says farewell and 'Job Well Done' to Julie Blakely, staff writer

Julie Blakely, a staff writer for The Mountaineer and donations coordinator for the Madigan Healthcare System Strategic Communication Office since October 2008, is leaving Madigan to become the foundation coordinator at MultiCare's Good Samaritan Hospital in Puyallup, Wash.

Julie has been the "journalism rock" of the STRATCOM office. She has written almost 60 stories that have been published not only in The Mountaineer or Joint Base Lewis-McChord's Northwest Guardian, but across the entire Army. One story, in particular, had enormous coverage. In February 2010, she wrote about Lt. Col. Edward Drummond, who might be the Youngest Tuskegee Airman. As it turns out, an Air Force general in Washington, D.C., saw the story on Air Force link, and called Julie to find out Drummond's phone number, because the

general was the godfather to Drummond's grandson.

This shows the power of words, and not many writers have the ability to tell the Army's story like Julie did. She will be missed, and STRATCOM wishes her the best!

Maternal Fetal Medical Fellow has article published

Congratulations to Maj. (Dr.) Brad Dolinsky! His article "The Effect of Magnesium Sulfate on the Activity of Matrix Metalloproteinase-9 in Fetal Cord Plasma and Human Umbilical Vein Endothelial Cells," was accepted for publication in the American Journal of Obstetrics & Gynecology as an Editor's Choice. This is a prestigious honor, the first in the history of Madigan's Maternal Fetal Medical Fellowship.

Dolinsky's article not only will be highlighted in that edition of the AJOG but will be picked up as the important review article for ABOG, and by other journals in their abstract watches.

Dolinsky's outstanding work reflects great credit upon himself, the MFM Fellowship program, the Departments of OBGYN and DCI and Madigan Army Medical Center.

OUT OF THE FIRE, BACK INTO THE FIGHT



Warrior records music with some friendly help

By SUZANNE OVEL
Staff Writer

Sitting in the studio with a member of Heart, Pfc. Dean Baker joined the ranks of 3 Doors Down, Pearl Jam and Alice in Chains on May 18 when he recorded his own music at the London Bridge Recording Studios in Seattle.

Baker, a Warrior with Charlie Company, made the leap from singing and playing guitar in his barracks to recording a professional album thanks to the non-profit organization Operation Ward 57, which supports Wounded Warriors.

It all began when Baker made a last-minute decision to attend a flag-signing ceremony for an Operation Ward 57 poker tournament fundraiser in Iraq; after the ceremony, he spoke with Deborah Semer, executive director and co-founder of the group.

"She asked me if there was one thing I'd like to do before I die. I said I'd like to make an album or have a song on the radio," Baker said. "If it weren't for Deborah, none of this would be going on; I can't thank her enough for everything she's done for me."

She called the next day, saying she knew the owners of London Bridge, Geoff Ott and Jonathan Plum, who would like to help record a few songs for free. Professionals in the music field volunteered to perform with Baker and record his songs.

Semer had one more surprise for Baker.

"(She asked), 'What if I told you that Ben Smith from Heart wanted to play drums on your recording?' I freaked out, I was hooting and yelling," Baker said.

He asked if his friend Michael Patrick "Smitty" Smith, a "phenomenal" electric guitar player, could play as well; the two met while jamming at a local guitar store.

The day of the recording, "as soon as Ben stepped in the room, I just smiled like crazy, like I can't believe this is going on," Baker said. The group recorded four



DEBORAH SEMER/OPERATION WARD 57

Pfc. Dean Baker records his music at London Bridge Recording Studio in Seattle.

songs — one cover song by the group Staind and three alternative Christian songs Baker wrote himself.

A Washington National Guard Soldier and combat engineer, Baker joined the Warrior Transition Battalion in June 2009 after being medevac'd from Iraq for lower back and hip injuries.

Now, Baker finds that music helps with his healing and recovery, "especially at times when I'm down and out and not doing well, I'll pick up my guitar, play and sing and write songs. It really helps."

After six months of physical therapy, he thinks his back is healed as much as it will be.

"Now I'm trying to fight to get back

to a somewhat normal state," Baker said. He is considering pursuing a pastoral degree, and is currently working on prerequisites through the help of the Soldier and Family Assistance Center.

He still has musical hopes as well.

"My dream is to open up as an opener for someone on tour... if I could someday get to the part of headliner, it'd be fantastic. That's what musicians want with music, is for someone to listen to you and cheer you on for what you wrote," Baker said. "It's having that connection with people... music was a healer for me; I want to have someone listen to it on the radio and have music be a healer for them."

CTP process gets new look

By SUZANNE OVEL
Staff Writer

Warriors' comprehensive transition plans received a new look and system June 1 as the automated CTP system officially began.

The Warrior Transition Command-wide program transforms the whiteboard-and-paper goal-setting process into personalized electronic databases, allowing goals and resources to be more formally recorded and tracked. "This is the first step in the automation of the CTP process we use already," said Lt. Col. Steve Hickenbottom, ACTP coordinator.

Phase one of the automated CTPs covers three major areas. For one, the ACTP allows all commander risk assessment elements to be automated, electronically notifying medical and leadership components when a new Warrior needs a risk assessment completed.

In addition, Warriors' initial goal-setting results along with their plans created at the CTP scrimmages will all be entered into the database. Resources needed to assist with Soldiers' goals will be tasked via the Army Knowledge Center from the ACTP, creating a more active resource system by notifying experts directly of which resources each Warrior needs, Hickenbottom said. The ACTP also tracks completions of goals, and can create action plans from commander and self-assessments.

A third new component that the ACTP brings is the opportunity for every Warrior to conduct weekly self-assessments, which will be reviewed with their squad leaders and nurse case managers in their weekly meetings. "I think this is an exceptionally useful tool... the Soldier has to sit down and self-evaluate in different areas," Hickenbottom said. "The beauty of it is you're actually asking Soldiers in a formalized manner what their status is... this is going to be a system of record."

ACEP provides foundations to strengthen mind

By LORIN T. SMITH
Command Information officer

Steve DeWiggins' job is to get Soldiers into the same mental mindset as Olympians. An Olympian spends four years practicing for an event that will probably take less than a minute to complete. Take a bobsledder, for example. Up to the point that the gun goes off, the bobsledder is imagining winning gold by knowing every inch of the track, where the turns are located, and the amount of energy to apply to win.

A Soldier will spend a year training to react to events that happen in seconds. Engineers conduct route clearances in Iraq and Afghanistan. Instead of having to find the energy for just one race, these engineers could be interacting on the same stretch of road, battling insurgent attacks, IEDs, and a host of other life-altering events every day. They must be able to find the energy, awareness, attention control and mental strength to maintain a yearlong deployment. That's where DeWiggins comes into play: Through proven sports psychology techniques and skills, he gets Joint Base Lewis-McChord Soldiers ready to conduct their missions from the first minute out the gate, all the way to the deployment's end. "Just as physical training strengthens the body, Army Center for Enhanced Performance training provides the foundation for strengthening the mind," DeWiggins said.

The ACEP mission is to develop the full potential of Warriors, units and organizations, Family members and Department of the Army



LORIN T. SMITH
Valerie Alston and Steve DeWiggins, performance enhancement specialists with the Army Center for Enhanced Performance, compare route clearance movement options recently while assessing training of the 14th Engineer Battalion. ACEP is designed to teach sports psychology tips and techniques to enhance a Soldier's mental edge.

civilians using a systematic process to enhance the mental skills essential to the pursuit of personal strength, professional excellence and the Warrior Ethos. Performance Enhancement specialists, or sports psychologists who work for ACEP, will help anyone get the mental edge to perform their job at the highest level possible.

The ACEP Educational Model illustrates the five principles for "Mental Strength for Life."

Building Confidence: Thinking in deliberate and effective ways to create energy, optimism and enthusiasm.

Goal Setting: Defining a dream that's personally meaningful and developing the concrete steps to create a well-documented path to success.

Attention Control: Bringing heightened sensory awareness to what's most relevant and keeping it there to concentrate amidst distractions.

Energy Management:

Effectively activating and restoring energy to thrive under pressure.

Integrating Imagery: Mentally rehearsing successful performances to program the mind and body to perform automatically and without hesitation. "We teach how to perform optimally when it matters the most, how to fight mental stress, how to keep attention and energy under control, the ability to self-regulate, awareness — all of these allow you to maintain control over your mind and body in a situation when performance really does matter," DeWiggins said.

One of the more interesting aspects of ACEP is the work it does with the Joint Base Lewis-McChord Warrior Transition Battalion. ACEP education and training focuses on bridging the gap between the rehabilitation process and the Warrior's transition back into the Army or civilian life by

providing the knowledge and skills to craft their future and become inspired about their possibilities. ACEP focuses on abilities versus disabilities, and provides the tools to help change the mindset so that Warriors in Transition have a sense of purpose in, and take ownership and control of, their recovery, and to get motivated about their future, said Bill Howard, JBLM ACEP site manager.

The Warriors in Transition are required to complete a Comprehensive Transition Plan, which sets goals in five different categories: Physical, Emotional, Family, Career, Personal and Spirituality. Occupational therapists from the WTB work with ACEP to ensure the transitional plan is done correctly and the Warrior is getting all the help possible. "ACEP assists in equipping our Warriors with the mental skills to overcome adversity," said Lesley Vaughan. "These life skills are the building blocks of their futures. Life skills are fundamental for the successful transition of the Wounded Warrior after illness or injury."

In 2009, ACEP provided classes and training to more than 3,200 JBLM personnel. Nearly 90 percent of all incoming officers get an ACEP briefing. The classes teach them how to maximize their mental skills and capabilities, reduce stress and provide tips to pass onto other members in the unit. "We make a difference in helping Soldiers," Howard said.

These skills are taught in the classroom, and then specialists like DeWiggins and Valerie Alston head to the field with specific units to watch how they train. ACEP performance

enhancement specialists typically have a master's degree in sports psychology, performance psychology or industrial organizational design. And both employees were former college athletes, who learned these techniques for themselves. These two factors allow the specialists to be more knowledgeable about finding the right kind of mental techniques that Soldiers need on the battlefield or doctors need in the operating room. Recently, doctors with Madigan's ophthalmology department had DeWiggins watch their operations to get feedback on how to maintain an effective and efficient work-style environment while managing the rigors of surgery stress.

ACEP uses a cyclical process with constant feedback to determine how effective its programs are for the units that use them. Last year, ACEP worked closely with the Stryker units before they deployed. Staff members integrated into the combat units to teach teambuilding, energy management, imagery management, among other skills. Now that the brigades are redeploying back, ACEP will meet with Soldiers with varying ranks and positions to see just how successful these mental tips had been. "We want to know if the skills were maintained throughout the year, and re-engage with them to find out what were the best practices and what we need to work on for future units and deployments," DeWiggins said.

For more information or to attend a class, call Howard at 253-968-7650, or visit the Web site at www.acep.army.mil.

Emergency Medicine residents get to know their 'environment'

By LORIN T. SMITH
Command Information Officer

DASH POINT PARK, Federal Way, Wash. — "If you go off the trail, you are wrong," bellowed Col. (Dr.) Ian Wedmore to five soaked Madigan Army Medical Center Emergency Medicine residents who had left the safe confines of the Dash Point Park muddy trails and "broke trail" into the sopping wet, dense tree line.

One resident, Capt. (Dr.) Jessa Williams, called out the distance and direction given by the GPS for the other young doctors to follow. After half of a mile of traversing broken logs, avoiding loose soil pitfalls and dodging bush after bush, the group found their way to their next point. "You got to get dirty a little

bit when you are playing in the woods," said Resident Capt. (Dr.) Cliff Porter.

Getting lost on trails trying to find points with a map, GPS and first-aid pack while navigating wooded obstacles was all part of the fun for the 30 residents who attended the first Austere Medical Challenge at Dash Point Park May 26. The wilderness medicine training gave the new doctors a chance to experience the rigors of applying medical help to injured people in a wooded environment that won't have the benefit of reaching a hospital or other medical facility within an hour.

The residents learned basic military skills like land navigation and map reading, tactical combat casualty skills and teamwork, which Wedmore

said was the most important aspect of the training. "The teamwork among the groups showed that their medical skills were great, but they did have weaknesses in basic military skills," he said. "We'll be hitting land navigation a lot harder in the future."

Instructors gave residents a set of GPS coordinates spread throughout the park that they had to correctly navigate to by plugging into their electronic guidance devices. Once at the point, the residents had to complete a wilderness medical task like applying a C-collar to a patient and transport them with a rope over a giant log blocking the trail. The training was designed to teach altitude illness, cold injuries, applying tourniquets, and stabilizing a spinal injury, among other tasks. "These are exactly the kinds of injuries seen in the wilderness," Wedmore said.

Graduation ceremony celebrates students' successes, honors Families

By JULIE BLAKELY
Staff Writer

Madigan Healthcare System celebrated the graduation of 168 interns, residents, fellows and clinical chaplains June 5 at the American Lake Community Club on Joint Base Lewis-McChord North.

Col. Jerry Penner III, commander of Madigan Healthcare System, congratulated the graduates on their accomplishments and thanked their Families for the sacrifices they've made.

"Many of you...are about to walk across this stage today signifying completion of studies and clinical rotations that have been demanding," Penner said. "You've probably missed a birthday, or had meals interrupted. You've probably forgotten what free time was really all about. That ends today."

For the first time in the history of Madigan's Graduate Medical Education program, graduates wore Army Combat Uniforms instead of Class A uniforms, which Penner said symbolized the conflicts in Iraq and Afghanistan.

"The ACUs you're wearing today are signifying those thousands of brothers and sisters in our Corps that have deployed and will continue to deploy," Penner said. "And as you're coming out of your programs, you know you will be called. But one thing I am very confident about — we know you will be up to



JULIE BLAKELY
Rachel Smith and son Stockton Smith, 18 months, congratulate Capt. (Dr.) Stirling Smith, Emergency Medicine Department, for finishing a three-year residency at Madigan Army Medical Center. Smith, along with 167 other residents, interns, fellows and clinical chaplains, celebrated their graduation from Madigan June 5.

the challenge to take your new skills independently to the next level and you will make us proud."

Retired Brig. Gen. (Dr.) George Brown served as the guest speaker for the event. The past Madigan commander, who is now the chief executive officer for Legacy Health System in Portland, Ore.,

encouraged the graduates to celebrate their profession, and to make sure they connect with and relate to their patients.

"Chances are you, too, will become a patient. So learn to give what you would expect," Brown said.

He also told the graduates to advance the field of medicine by being

involved and leading change. "Use your dissatisfaction and irritation to look for a better way. Make a habit out of questioning current processes," Brown said. "You should know that you are well trained and prepared for the professional challenges that lie ahead. It is a high honor for me to witness this day with you."

Several special awards were presented during the graduation ceremony. The award winners were:

Maj. (Dr.) Christina Vaccaro, Maj. Gen. Byron Steger Award, presented to a resident researcher.

Capt. Vance Y. Sohn, Maj. Gen. Floyd L. Wergeland Award, presented to an outstanding graduate resident in a four-year or more residency program.

Capt. Dustin J. Little, Col. Robert Skelton Award, presented to an outstanding graduate in a two or three year program.

Cdr. (Dr.) Craig Zelig, Madigan Foundation Research Award, presented to a fellow for outstanding clinical research.

Maj. Michael V. Krasnokutsky, Lt. Col. Joseph A. Munaretto Outstanding Educator Award, presented to an outstanding educator at Madigan.

Retired Col. (Dr.) Ronald Cooper, Outstanding Staff Teacher

Capt. Shawn Corcoran, Outstanding Resident Teacher

Madigan Soldiers celebrate birthday, memories with 100-year-old Army nurse

By LORIN T. SMITH
Command Information Officer

SEATTLE — Margaret Hollinger's bright eyes lit up as her memory kicked into gear, rewinding time to 60 years ago when she provided medical care to survivors of the Buchenwald concentration camp. "It was so difficult, so sad to see human beings treated the way they were," said Hollinger, a retired lieutenant colonel.

The hardest scene for her emotionally, she remembered, were the Jewish children who no longer had mothers or fathers to take care of them. "They were just youngsters," she told Madigan Army Medical Center nurses who had come to help celebrate her 100th birthday June 4 in Seattle.

The Madigan nurses' attendance wasn't just to surprise Hollinger, but also to bestow gifts on a nurse who served for 28 years. They spent the morning looking at pictures, asking questions about her life and updating her on the current state of Army nursing, before sitting down to lunch with Hollinger, who may be the holdest living Army nurse.

"It's wonderful to come up here and share this day with you and celebrate your birthday and your service," said Col. Janice Lehman, chief, Department

of Nursing.

Her career spanned World War II and the Korean War, and she retired in 1963.

The new centenarian received birthday letters from President Obama, Israeli President Shimon Peres, Israeli Prime Minister Benjamin Netanyahu, Centre of Organizations of Holocaust Survivors in Israel Chairman Noach Flug, U.S. Sen. (D-WA) Patty Murray, Washington Gov. Chris Gregoire, Chief of the Army Nurse Corps and Deputy Surgeon General Maj. Gen. Patricia D. Horoho and Madigan Healthcare System Commander Col. Jerry Penner III.

Also, Horoho and Penner honored her service to the nation with Coins of Excellence and a quilt made by American Hero Quilts.

Hollinger worked at several Army hospitals, including the original Madigan Army Medical Center, now Madigan Annex. As a lieutenant colonel, she was the second highest-ranking Army nurse as colonel was the highest rank available to females at that time. "This is all so meaningful; I just can't explain what it all means to me," Hollinger said.

She was born June 4, 1910, in Gladstone, N.D. She was the first in her Family to graduate from high school,

become a registered nurse and obtain college degrees. Being single, she decided to join the Army, because that's what single people did back then, she said.

Hollinger shared with the Madigan nurses a few of her experiences during World War II. She deployed to Europe with the 120th Evacuation Hospital as a surgical nurse.

The 120th was a mobile field hospital that was near the front lines and saw many casualties. She would rush into enemy fire to save Soldiers' lives many times, even being trapped behind enemy lines. "There were some memories that were delightful, and some that were not so delightful," Hollinger said.

Because she provided medical care for the Jewish survivors at Buchenwald, she was able to establish residence at the Caroline Kline-Galland Home in Seattle, a Family of residential and community services in support of Jewish seniors in



LORIN T. SMITH
Maj. Glenn Dornier, an ambulatory care nurse at Madigan, looks at pictures detailing the life of retired Lt. Col. Margaret Hollinger, who celebrated her 100th birthday June 4. Several Madigan nurses visited Hollinger in Seattle to bring birthday gifts and share memories.

the greater Seattle area, where she's lived for the past three years.

Margaret celebrated her birthday with friends and Family the previous weekend. She has three siblings in Montana, about 20 nieces and nephews, many great-nieces and great-nephews, and two great-great-nephews.

Lehman and the other Madigan nurses all agreed that they would be back for Hollinger's 101st birthday next year, bringing gifts and spending time with one of their own.

INVESTIGATION

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Members of the 41st IBCT had recently contacted the offices of Oregon Sen. Ron Wyden (D-OR) and Congressman Kurt Schrader (D-OR), who brought their issues to the Army's attention.

The Army generals spoke to the press at I Corps headquarters, beginning with Chiarelli's concern about the issues outlined in the release from Wyden's office.

"When I read the press release and saw that the Soldiers I've served and fought alongside for the better part of nine years felt like they were not a part of what I consider 'One Army,' I took it very personally," Chiarelli said.

The group of general officers spent the day discussing issues with Soldiers in the Warrior Transition Unit, those still in the joint mobilization brigade, cadre members from those organizations and medical-provider staff members from the Soldier Readiness Center. They spoke to about 30 41st IBCT Soldiers still in the WTU and others pending possible assignment there.

The vice chief brought with him an unequivocal message: "I can assure you," Chiarelli said, "the Army's senior leadership, and particularly the leaders here at Joint Base Lewis-McChord, are taking very seriously the concerns raised by the Oregon National Guard Soldiers."



Senior leaders from Joint Base Lewis-McChord, U.S. Army Medical Command and the Vice Chief of Staff of the Army Gen. Peter Chiarelli (center), take questions from the media in response to an investigation of complaints from the Oregon National Guard into the standards of treatment for reserve-component Soldiers.

Jacoby also related his personal history with the Oregon Guardsmen. The 41st IBCT fell under him when he commanded the Multi-National Corps-Iraq until March.

"The 41st is a great brigade," Jacoby said. "They're one of our own and they always have been. So we launched the inquiry immediately to see if there is substance to (the charges), because that is not who we are. What we find that may be wrong, we're going to fix. And we're going to keep faith with not only that brigade, but all the team members that go into this great effort that our 'One Army' is making ... today."

SGT. MAJ.

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lost a great leader, a caretaker, we lost a father and we lost a friend," said Master Sgt. Robert Thoms, Radiology.

Command sergeants major have a wreath around their rank denoting their leadership position. Kurtz, however, was promoted to the job of acting command sergeant major, but was not given the wreath. Penner said this was because he didn't need a wreath to remind him of the duties, position and responsibilities of which he held.

Beware the officer or enlisted Soldier who didn't render proper greetings to the flag at the morning reveille, or dropped cigarette butts around the Medical Mall entrance, Penner said. "Mike never wavered from the standards... and his purpose was to teach another generation of Soldiers about pride, discipline, and the military bearing required to be a professional Soldier. It was Mike's purpose to remind us about friendship and taking care of Families while living the true meaning of care with compassion," Penner added.

Kurtz served as the Laboratory sergeant major from 2004 to 2009, when he took the reins as the hospital's top enlisted Soldier from Command Sgt. Maj. Billy King, now with the Western Regional Medical Command. "What I will miss

most about Mike is that Mike was just a good guy," King said at the ceremony. "He loved his Soldiers at Madigan, and he loved his Family."

During his time in the lab, taking care of Soldiers was his first priority. Until the winter holidays came around, that is. Kurtz was the official Thanksgiving and Christmas turkey cooker. Kurtz would act upset and swear that year would be the last time he would do the cooking, but King said Kurtz would still bring

"He loved his Soldiers at Madigan, and he loved his Family."

Command Sgt. Maj. Billy King

in delicious turkeys for the lab to enjoy. "He would smile from ear-to-ear and say, 'That's what you want me to do, I'll do it,'" King said.

Fixing Soldier issues was his specialty, said Master Sgt. Spencer Weaver, the current lab sergeant major. "His open door policy was just that — an open door," Weaver said. "He didn't sit in his office and wait to hear things; he heard issues from the source and they were addressed. The lab will miss Sgt. Maj. Kurtz."

The story of Kurtz extends beyond the uniform. When he was younger, he quit college for a year to drive a bread truck to help his paraplegic brother. When Kurtz was stationed in Korea, he used CPR to save a woman from drowning.

All four Soldiers spoke about Kurtz's love and compassion for fishing, hunting and the environment. His philosophy was illustrated by the quote "If I were any

happier, I'd be fishing," remarked King. If he wasn't wearing a uniform leading Madigan Soldiers for the day, Kurtz could be found fishing on many of Washington's rivers and lakes, or traipsing through the backwoods near his Yelm house hunting for deer.

"As an outdoorsman, Mike had a profound respect for the environment, and he gave back to the community by educating people about conservation for future generations," Penner said. "He would prepare for the next hunting adventure with that childlike excitement that we all grew to love," King said. "Fishing was his passion and everyone knew that," Weaver added.

But his affection for water and trees never outshone the love he had for Nicole, his 11-year-old daughter, Penner said. Kurtz's favorite photo, the one that took center-stage, was when Nicole had caught her first fish. "Let me tell you, Nicole — he was very proud of you," Penner said.

Kurtz served in the Army for 28 years. His awards and decorations include the Meritorious Service Medal, the Army Commendation Medal, the Army Achievement Medal, Global War on Terrorism Service Medal and the National Defense Service Medal. He was a member of the Order of Military Medical Merit and was posthumously awarded the Legion of Merit Award.

He is survived by his wife Paula, his daughter Nicole, his mother Jackie, his brother Tom, and his sister Sue Stopper.

BARRACKS

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into two buildings that will house 408 Wounded Warriors, and are expected to be completed in late spring 2011. The new apartment-style building will feature combined kitchenettes and private bedrooms, with 10 percent of the living spaces meeting Americans with Disabilities Act requirements. Half of the living areas will have two bedrooms with two baths, and the other half will have two bedrooms sharing one bath. In the middle of the complex will be a large courtyard area with outdoor sports courts and covered picnic areas.

"We are bringing our Warriors to a closer proximity to the care they receive right here at Madigan Army Medical Center, and the convenience (the new complex) will provide our Soldiers a welcome service," Penner said during the event.

The new WTB facilities will support the expanded Wounded Warrior mission and provide better access to care, Penner said.

Dicks has been a major proponent of supporting Madigan and WTB projects in Congress. "(This facility) expresses how important this mission is here and how essential the Army believes it is to take proper care of the Soldiers who are recovering from injuries sustained from service to our nation," Dicks said. "(The Congress) believes in the need for these transitional units that have been designed to streamline and coordinate



The future WTB Complex will have a barracks and a Headquarters combined with the Soldier and Family Assistance Center.

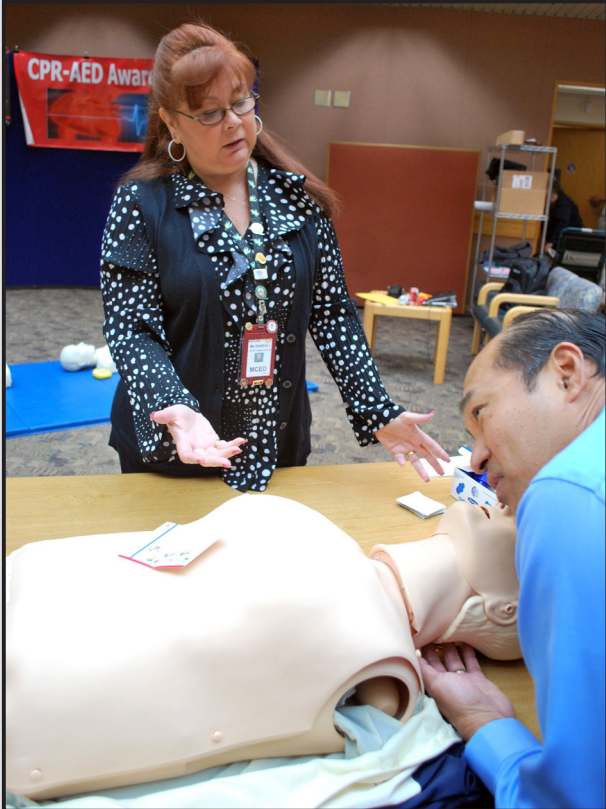
care and services to injured Soldiers returning from Iraq and Afghanistan. These units are helping to ensure these Soldiers get the medical care they need for a quick recovery and return to service or to their community."

The mission of the WTB is to provide outstanding medical care, advocacy and leadership to Soldiers who are wounded, ill or injured, while building bridges to positive opportunities that lie ahead for them in the future.

There are currently 7,300 Soldiers assigned to 29 WTUs around the country. "The entire philosophy behind the (WTB) is exactly what we need right now and its absolute focus is on supporting Soldiers as part of the overall mission of the Army," Smith said. "This is part of the continuity of duty — we prepare our Soldiers for the fight, but we have to take care of them when they come home from that fight."

Additional projects slated for construction include a headquarters structure for leadership and medical staff, and a Soldier and Family Assistance Center, bringing the total construction cost to \$110 million.

'Breathe for them, beat for them'



LORIN T. SMITH

Cheri Randall, Madigan's resuscitation education program manager, explains the proper process to conduct CPR to Hank Laguatan, a medical recruiter in Civilian Personnel, June 1 in the Medical Mall, as part of National CPR and AED Awareness Week. Congress passed a bill in 2007 designating the first week in June as National CPR and AED Awareness Week. According to the American Heart Association, almost 80 percent of out-of-hospital cardiac arrests occur at home and are witnessed by a Family member and only 6.4 percent of sudden cardiac arrest victims survive because the vast majority of those witnessing the arrest are people who do not know how to perform CPR, Randall said.



LORIN T. SMITH

TBI Program gets new location

The Traumatic Brain Injury Program cut the ribbon celebrating the grand opening of its new location May 27 at Madigan Army Medical Center Annex. Cutting the ribbon were Brig. Gen. Jeff Mathis, deputy commanding general, I Corps and Joint Base Lewis-McChord, Dr. John Meyer, director of Health Outcomes Management, Dr. Fred Flynn, director of the TBI Program and Col. Jerry Penner III, Madigan Healthcare System commander. The new facility renovations cost \$3.1 million, and encompasses 10,000 square feet. "To make (the TBI Program) the most functional we possibly can, we give them this great facility," Penner said during the ceremony. It has three waiting rooms: one specifically for Families and children and furnished with toys, books and entertainment and two for Soldiers and their Families, with capabilities for entertainment or for quiet, less brightly-lit space. The TBI Program has also added staff members to allow access for more Soldiers. "Members of the interdisciplinary TBI team, working together under one roof, build the therapeutic alliance," Flynn said. For more information, call the TBI Program at 253-968-3093.

Okubo school and sports physicals

The Okubo Medicine Clinic will conduct School and Sports Physicals for Grades K-12 (Ages 5+) every afternoon, from June 21 to September, from 1 p.m. to 3 p.m. Appointments can only be made by Okubo enrolled beneficiaries. Physicals are scheduled on an appointment basis only, no walk-ins. Please call 1-800-404-4506 to schedule an appointment.

Children must be registered in DEERS. Children ages 10 and older must present a valid I.D. card.

For those who PCS after Sept. 10, please call the 800 number for booking into any open slot. Children under the age of 5, who need a physical completed, must schedule a well-baby appointment.

Parents must accompany children under the age of 18 and bring child's shot records, school and CYS forms to the appointment.

The forms are to be completed before the appointment time. Please report 30 minutes early and have the child wear a shirt, shorts and shoes.

For more information, call Judy Fattor, Okubo administrative officer at 253-967-2879.

Army Center for Enhanced Performance

The Army Center for Enhanced Performance is offering a one day seminar on Wednesday, June 30, from 8 a.m. to 5 p.m. at the Battle Command Training Center, Building 1240 on Railroad Avenue, south of the Dupont Gate.

Just as physical training strengthens the body, mental training strengthens the mind and enhances human performance.

Develop a foundation in mental and emotional skills based on applied sport psychology techniques which include goal setting, confidence building, energy management, attention control, and imagery.

Use state of the art technology and then apply these techniques during this seminar. Call 253-968-7642 or email LewisACEPWebmaster@conus.army.mil to reserve your seat as space is limited.

Toastmasters

Do you want to possess the skills and confidence to effectively express yourself in any situation? Then Toastmasters is for you! It is an enjoyable and efficient way of gaining great communication skills.

You will be more persuasive and confident when dealing with people whether it is one-on-one, in groups or giving presentations.

Toastmasters is great way to meet new people as well as learn everyday useful skills.

We meet every Wednesday from noon to 1 p.m., in the 8th South Conference Room.

For more information, please call Gabi McNabb at 253-968-5562.

Caribbean American Heritage Month

Joint Base Lewis-McChord and I Corps invite you to celebrate Caribbean American Heritage Month 2010.

The Celebration will be Monday, June 28, from 11:30 a.m. — 1 p.m., at the McChord Field Collocated Club.

There will be entertainment by Island Jamz

Steel Pan, as well as delicious food sampling.

The special guest speaker will be Command Sgt. Maj. Andrea R. Marks. The theme is "Many Cultures, One Race: Caribbean Americans."

For additional information, please call the I Corps EO Staff Office at 253-967-3622/5012.

Adolescent sport physicals

Comprehensive, complete and caring adolescent sport physicals are being scheduled now in the Madigan Adolescent Clinic for May.

The below dates are dedicated for sports physicals: June 21, 22, 24, 30 and July 7, 8, 9, 13, 14, 15, 20, 22, 23, 26, 27, 28, 29.

For more information, please call the Adolescent Clinic at 253-968-0015.

Happy Birthday Army!

Two hundred and thirty-five years ago, the United States Army was established to defend our Nation. From the Revolutionary War to the current operations taking place around the world, our Soldiers remain Army Strong with a deep commitment to our core values and beliefs.

This 235th birthday commemorates America's Army — Soldiers, Families and Civilians — who are achieving a level of excellence that is truly Army Strong.

Being Army Strong goes beyond physical endurance and mental preparedness. It encompasses an indomitable spirit, and high ethical and moral values.

These are not only desirable traits in a person, but in a Nation that wishes to live up to the ideals and vision of its founders.

We are "America's Army: The Strength of the Nation."

Customer survey for Northwest Guardian and JBLM Guidebook

In an effort to improve customer satisfaction, the Northwest Guardian staff is conducting a customer survey for the Northwest Guardian and the Joint Base Lewis-McChord Guide book.

This survey is available at the below links. Please help in disseminating as appropriate.

Questions about the survey should go to Jim Symmonds at james.symmonds@us.army.mil.

The survey for the Northwest Guardian and Guide book can be found in two places: www.lewis-mcchord.army.mil (button is at bottom of page) and at www.surveygizmo.com/s/286853/northwest-guardian-newspaper-and-guidebook-survey.

For more information, please e-mail Jim Symmonds at james.symmonds@us.army.mil.

Grand Opening

The Nelson Recreation Center is holding a three-day grand reopening celebration. Come to the center June 17 at 11:30 a.m. for a ribbon-cutting ceremony, free cake (while it lasts) and tours of the building.

Enjoy music and free food and beverages at the BOSS party June 18, at 5 p.m. On June 19, the center will have a tourney day.

Participate in an 8-ball tourney for great prizes and the HALO tourney at 4 p.m. Everything's free.

For more information, please call 253-967-2539.